

Extolling Frogs' Legs As One of the Genuine Delicacies of the Table

Miss Barber Suggests Cooking Them in Cream, or Saute Them in Butter. Supply of Frogs' Legs is Always Limited and the Season is Only Five Months.

The cold spring has discouraged not only the young vegetables but has also prevented the seasonable army of frogs from coming out of their winter quarters.

May 1st is annually on my calendar



(By EDITH M. BARBER)

for dinner at the famous restaurant where the opening of the season is celebrated and where frogs' legs are cooked perfectly. In order that we should not be disappointed, Michigan was called upon to send a supply of frogs' legs from a farm where they are raised for market. New York frogs, by the way, are wild — although not so very — and can be called game.

As usual, I had the delightful experience of introducing frogs' legs to several persons who had never eaten them before. They agreed that they were surprised at their flavor and tenderness. Of course, the cooking had something to do with their appreciation.

The most popular way of cooking them is by sauteing, after dipping them in fine, seasoned cracker crumbs or flour, in plenty of butter. They should not be fried in deep fat. You will also like frogs' legs in cream. Because the supply of frogs' legs is not large, they are never cheap, but you may like to treat yourselves to them once or twice during the five months they are in season.

Frogs' Legs in Cream
Melt two tablespoons of butter in a large frying pan, add three slices of onion and frogs' legs, and simmer over a very low fire five to ten minutes until tender. Remove the onion, dredge frogs' legs with two tablespoons of flour, one teaspoon of salt and pepper and mix well. Add one cup of rich milk or cream, stir gently over low fire until sauce thickens. Add one tablespoon of lemon juice and a dash of nutmeg, mix thoroughly and serve on toast. Sprinkle with minced parsley.

Frogs' Legs Meuniere
Trim and clean frogs' legs. Sprinkle with salt and pepper, dip in fine, seasoned cracker crumbs and saute in butter until brown and tender about

five minutes. Season with lemon juice and serve.
Quick Meal
Tomato juice cocktail
Frogs' legs Meuniere
Parsley potatoes
Buttered peas
Mixed green salad
Strawberry tarts
Coffee

Method of Preparation
Prepare greens and dressing.
Shell peas.
Cook potatoes.
Cook frogs' legs.
Dress potatoes and peas.
Open can of chilled tomato juice.
Make coffee.
(Released by The Bell Syndicate, Inc.)

GIRL GUIDES IN TIMMINS

First Timmins Company Girl Guides
The regular meeting of the 1st Timmins Company of Girl Guides was held on Monday evening at 7:15 p.m. in the Church of Nativity Parish hall. Attendance and inspection were taken by Captain Landers and Lieutenant Wilkinson. Horseshoe was formed and the Colours marched on by Mary McLean, Joyce Lalonde, Iolene Murphy and Viola Hunt. First aid was taken by Lieutenant Wilkinson and health rules and observation by Captain Landers.

After a lively game a circle was formed for Campfire at which several songs were sung. The weekly paper was read by the Swallow Patrol and the meeting came to a close with Evensong and Taps. The Thrush Patrol is to be on duty patrol next week.

A Court of Honour will be held on Wednesday evening at 7:00 p.m. in the Church Hall. It is very important that all the Patrol Leaders or their Seconds attend this meeting.

First Timmins Brownie Pack
The 1st Timmins Brownie Pack held its meeting on Monday evening commencing at 6:00 p.m. in the Church of Nativity Parish hall. The Fairy Circle was formed and Roll Call taken by Captain Landers. Miss Betty Morin took inspection.

The Brownies divided into two groups one taken by Miss Morin who taught them the composition of the Union Jack. The other group passed their ball-throwing and catching for the Second Class. It is expected that the majority of the Brownies will pass their Second Class before the end of June.

The Circle was formed for the singing and the meeting closed with the Pack Howl. The Brownies are reminded that they are to bring their buttons on for next Monday night.

Ladies' Auxiliary to Hold Series of Teas for Comforts Fund

Matter Discussed at Regular Monthly Meeting on Monday Night.

The Ladies' Auxiliary of the Canadian Legion held its regular monthly meeting on Monday evening in the Legion hall, with the president, Mrs. Robert Hardy, in the chair, and a fairly large number of members in attendance.

The members discussed plans for making further contributions to the Comfort Fund for soldiers, which is one of the many undertakings of the Auxiliary. It was decided that afternoon teas, garden parties, and whist drives would be conducted to benefit the fund. No definite dates were made for the afternoon teas, but it was decided that if the weather was fine on the afternoon of Thursday, June 6th, the garden parties would be commenced. The garden parties are held at the home of Mrs. Robt. Hardy, 6 Trans- mission Line, and were very popular last summer.

A new whist tournament will be begun on Tuesday evening of next week, and will continue for several weeks, with prizes for weekly winners, and final grand prizes to tournament winners.

Mrs. Charlton, a very old and very dear member of the Auxiliary, was welcomed back to the meetings, having recently returned from an extended visit to England.

On behalf of the Canadian Legion, Mr. Bellamy extended an invitation to all members of the Auxiliary to take part in the parade on Sunday afternoon. Members are asked to meet at the Legion hall at 2:15 o'clock, Sunday afternoon.

Members of the local branch of the Auxiliary are making contributions of 50¢ toward an ambulance to be donated by the Ladies' Auxiliaries of the Dominion to the government for use in its war work. Mrs. W. A. Devine, secretary, is taking all contributions, and it is hoped that the contribution from the Timmins branch will be especially worthy of this fine work.

The members expressed their regret at the coming departure of Mrs. E. Price, past-president of the Auxiliary, who will leave for Matheson on or about June 12th, and bade her a fond farewell.

After the business of the meeting, the members spent some time in friendly discussion with Mrs. Charlton.

Supplying Cigarettes to Soldiers Going Overseas

Canadians will be interested to learn that Canadian troops leaving Canada have been supplied with cigarettes by the Over-Sea League Tobacco Fund. This fund is organized by the Over-Sea League, London, Eng., under the patronage of His Majesty The King, for the purpose of supplying men of the Empire on active service with adequate smokes.

An all-Canadian Committee is charged with the organization of a similar fund in Canada set up by the authority of the Secretary of State for Canada, and registered as the Over-Sea League (Canada) Tobacco and Hamper Fund.

The Honorary Chairman of the Committee is the Honorable Howard G. Ferguson and the patrons include Lieut.-Governors of six Provinces and other distinguished Canadians. The Committee itself is comprised of representative business men.

Officers of the Committee have been opened at 67 Yonge St., Rooms Nos. 203 and 204 which will be the headquarters for Canada.

Arrangements have been completed with all the chartered banks to cooperate fully in this effort. All those who wish to contribute can do so through the nearest bank. The banks, at the same time, will be able to supply full information.

You Can Win ONE OF THESE THREE SUNBEAM MIXMASTERS IN THE COOKING SCHOOL Prize Recipe Contest

TUES., WED., THURS. June 11-12-13

It's easy and every woman has the same opportunity to win. Here's All You Have To Do

1. Write out your favorite recipe — one you have used in your own home.
2. Bring it to the Cooking School and pin it to the registration coupon attached to your programme — (it will be collected at intermission).
3. You may submit one recipe each day (subject as announced below), and nothing elaborate or expensive is necessary. Just a simple, practical, reliable recipe.

NOTE—Be careful and be accurate for in the event of a tie, neatness and accuracy will be considered.

Contest Subjects
Tuesday—MEAT Recipe
Wednesday—CAKE Recipe
Thursday—PUDDING Recipe

Announcements of Prize winners will be made the following day in each case.

Death of Mrs. Chas. Morris at Sheenboro Last Month

Sheenboro, June 5—The surrounding community at Sheenboro was saddened on May 25th by the death of Annie Sullivan, beloved wife of the late Chas. Morris. Mrs. Morris was in her 73rd year and was ill only a few hours before her death. She complained of not feeling well and the parish priest was summoned and was with her in a few minutes and she received the last rites of the church. Mr. and Mrs. Morris were married in Sheenboro and lived here all their lives, where they took up farming, and she will be missed by all her neighbours. Being of a home-loving nature, she was liked and respected by all who knew her and she leaves a wide circle of friends. Her husband predeceased her by three years and she is survived by 11 children, Mrs. Frank Furlong, Schumacher, Ont.; Mrs. Lorne Downey, Toronto; Mrs. Leslie Downey, Cochrane; Mrs. Jcs. Cahill, Detroit, Mich.; M. J. Morris, Petawawa; Charles Arnfield; Ernest, Colchester; Eric, Detroit; Frank, George and Mark, at home. She is also survived by 50 grandchildren; one brother, Mr. J. R. Sullivan, Colchester, and four sisters, Mrs. Owen McDonald, Sheenboro; Mrs. Margaret Fortier, Pembroke; Mrs. Thos. McGuire, Montreal, and Miss Katie Sullivan, Detroit. The high esteem in which the late Mrs. Morris was held was shown by the large number of spiritual and floral offerings and the large funeral that packed the parish church, where requiem high mass was chanted by Rev. J. J. Harrington, parish priest. Pallbearers were Sydney Perrault, Michael Meehan, Gilbert Hayes, William McNeil, J. Bruce Donnelly and Timothy Sweeney. The funeral was held from her late home to St. Paul-the-Hermit's Roman Catholic Church and cemetery.

Beauty and You

by PATRICIA LINDSAY



Play hours in fresh air and proper menus will do much to make your child strong and beautiful.

Don't Nag Child to Stand Up Straight

Most of us can recall that in our youth we were told to stand up straight and keep our shoulders back! Whenever we slumped someone would tell us "Straighten your shoulders!" We resented it of course, and at times we slumped just to be obstinate, but the adult or adults who thus checked our poor posture thought they were doing their duty. According to more modern theories they were making a mistake.

Dr. Armitage Whitman, orthopedic surgeon, cautions mothers or guardians not to nag at children with poor posture or a friendly relationship will be impaired and the child will not be helped.

"Never tell your child to stand up straight until you are sure he can stand up straight!" he claims. "Many a relationship has been ruined because a child had a stiff back and couldn't stand up straight. He will very shortly develop hatred and resentment against the adult who is constantly nagging him to do something that he cannot do."

"There is a sufficiently large number of cases of this kind—stiff back—occurring among adolescents to make the lack of expert examination a very real danger. If an orthopedic surgeon is available to make the examination, strip the child and have him lie flat on his face on the floor, his feet under the radiator, or held down by something similar. Then have him see how far he can raise his body off the floor. He should be able thus to extend his spine almost forty-five degrees. If he cannot do so, an examination by a doctor is essential. If the doctor can find no actual disease to account for the stiffness, it must be overcome by manipulations, or by recumbency upon a convex stretcher frame, before any treatment or exercises should be taken."

Explains Why Good Posture is of Primary Importance
More and more all authorities on

Father of Five Children Sent to Jail for Theft

At Kirkland Lake last week, Mike Lauzon, the father of five children, was sent to jail for theft. The charge against him was preferred by Julien Lalonde, who said he lost \$43 in cash through Lauzon. According to the evidence of both complainant and defendant, the two men met and enjoyed a drinking bout together. They consumed considerable liquor. After a time Lalonde became ill and was not able to look after himself very well. At this point the stories of the two men begin to vary. Lauzon says that while he was "ill," Lauzon went through his pockets and took between \$43 and \$46 of his money. This side of the end of the middle part of the story received some corroboration from four witnesses who suggested that on the day in question Lauzon appeared to have quite a bit of money with him. Lalonde claimed that when he first met Lauzon the latter had only one dollar and that the money afterwards displayed was really Lalonde's money. Lauzon's story did not altogether deny having Lalonde's money but chiefly held to the point that he did not remember having it and that he did not take it as theft. Three months with hard labour was the sentence given Lauzon.

Sociable Fellow!

"Say, Buddy, can you let me have a dime for a glass of milk?"
"I thought milk was only a nickel."
"Yeah, but I have a date." — The Passing Hour.

"With a stick placed inside the accordion it would be held permanently expanded, but we have no stick. We have, however, a spine, which is flexible. It is composed of bones, held together by ligaments, and held erect, (when it is so held) by muscles. When it is pulled out to as nearly as possible its greatest length the chest is expanded, the back is flat and the abdomen is contracted."

So now, my dears, you know why I want you to have good posture! And I hope each mother will feel it her duty to check on the condition of her child's spine.

(Released by The Bell Syndicate, Inc.)

TO-DAY'S FASHIONS



Perfect picnic frock for sizes 11 to 16, even to the handkerchief tucked in the sleeve pocket. Another pocket attached at the skirt band, takes a coin purse, vanity and other young girl fancies in lieu of a handbag.

By PRUNELLA WOOD

THE "TEEN" age slogan for summer wardrobes—treat 'em rough—takes in everything from head to toe. Dance frocks are shown a bit of respect, but hats, if any, shoes and especially play clothes, must take a beating.

The white pique outfit alongside meets requirements. A good scrubbing on the board and it's as fresh as new. The side-buttoned skirt comes off in a jiffy, leaving a one-piece romping suit for tennis, bicycling or canoeing. A Girl Scout uniform couldn't be more practical.

Worth Thought by All in These Days of Dire Worry

The Advance has mentioned before the little newspaper or magazine issued by the people of Duparquet Mine for their own amusement and self-expression. In a recent issue of this little paper there was a piece of very amusing philosophy by a coloured mammy. People are dropping over every day from heart failure, due possibly to the high tension in business and life today, says "Ye Headframe." Here is a story about a mistress who asked her coloured washerwoman how she kept young. Mammy was seventy, but looked and acted like forty. "Well, I'll tell you, Missey—when I goes to work I works hard; when I sits down to rest I sits loose and when I starts to worry I goes to sleep."

"As we have been told," concludes "Ye Headframe," "what gets you in your middle years is not work. It's high tension, worry, dissipation and lack of sleep; in other words, unless you've had lumbago, you don't know nothing."

FREE!

New 3 Sunbeam MIXMASTERS!

For your favorite recipe
SEE AD. AT RIGHT FOR CONTEST RULES

Wouldn't you be delighted to receive one of these completely equipped Mixmasters, which will be given away FREE on each day of the Cooking School—then submit your favourite Recipe—observing the very easy rules of the Prize Recipe Contest contained in the accompanying advertisement.

at the COOKING SCHOOL

Cartier Theatre

TIMMINS

TUESDAY JUNE 11
WEDNESDAY JUNE 12
THURSDAY JUNE 13

9 a.m. DAILY

You'll surely enjoy coming down bright and early in the morning to attend the sparkling and inspiring entertainment provided by Mrs. Madeline Day — and remember, you'll be out and home in plenty of time to prepare the family's noon-day meal.

General Admission 15c
VALUABLE ATTENDANCE PRIZES

—include largest size, "Weaver" Aluminum Roaster, a Whole Case of "Rinsol," and a great many more useful presents will be presented on the Cooking Schools Free Gift List.

75 HAMPERS—MANY USEFUL GIFTS
ALL DISHES PREPARED BY MRS. DAY AT THE SCHOOL

ELECTRIC Water Heating

Costs so very little now!

Think of the comfort and convenience of having a supply of hot water whenever you want it; for the dishes, for the laundry, for the bath. Let us install an Automatic Electric Water Heater in your home. The cost is very moderate. Just make a small down payment; the balance on generous terms. Plan to put YOUR Water Heater in without delay and enjoy hot water all summer long.

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